

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS S0

PROPRIETARY NAME (AND DOSAGE FORM): Obel® Vitamin D3 and K2 spray (Oral spray)

Active substances: Active Ingredients: Vitamin D3 (Cholecalciferol), Vitamin K2 (as MK-7)

Inactive Ingredients: Purified water, Vegetable glycerine, Xylitol, Rose flavouring, Potassium sorbate (0.2%), Sodium benzoate (0.1%), Citric acid.

Category D: Complementary medicine. 34.11 Health Supplement: Vitamins.

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety, or intended use. This medicine is not intended to diagnose, treat, cure, or prevent any disease.

Read this leaflet carefully as it contains important information for you.

Obel® Vitamin D3 and K2 spray is available without a doctor's prescription for you to use as a health supplement. Nevertheless, you still need to use **Obel® Vitamin D3 and K2 spray** carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share **Obel® Vitamin D3 and K2 spray** with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.

What is in this leaflet

1. **What Obel® Vitamin D3 And K2 Spray is and what it is used for**
2. **What you need to know before you take Obel® Vitamin D3 And K2 Spray**
3. **How to take Obel® Vitamin D3 And K2 Spray**
4. **Possible side effects**
5. **How to store Obel® Vitamin D3 And K2 Spray**
6. **Contents of the pack and other information**

1. **WHAT OBEL® VITAMIN D3 AND K2 SPRAY IS AND WHAT IT IS USED FOR:**

Obel® Vitamin K2 Contributes to the maintenance of normal bones. Vitamin D3 helps in the absorption and use of calcium and phosphorous, in addition it can help in the development and maintenance of bones and teeth. The combination of vitamin D and K2 are factors in the maintenance of good health.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE OBEL[®] VITAMIN D3 AND K2 SPRAY

Warnings and precautions: Obel[®] vitamin D3 and K2 spray is for medicinal use only. Discontinue use and consult a doctor if any adverse reactions occur. Do not use after the expiry date stated on the bottle. Do not use whilst pregnant or breastfeeding.

Do not take Obel[®] vitamin D3 and K2 spray:

- if you are hypersensitive (allergic) to any of the ingredients of Obel[®] vitamin D3 and K2 spray (listed in section 6).
- If you are pregnant or breastfeeding

Other medicines and Obel[®] vitamin D3 and K2 Spray: Always inform your doctor or pharmacist if you are taking any other medicine and would like to use this product. This includes complementary or traditional medicines.

3. HOW TO USE OBEL[®] VITAMIN D3 AND K2 SPRAY

Don't share medicines prescribed for you with any other person. Always take Obel[®] vitamin D3 and K2 spray exactly as described in this leaflet or as your healthcare provider has told you. Check with your healthcare provider if you are unsure.

The usual dose is:

Adults (19 years & older): Take 8 sprays orally, once daily.

Adults (18 years): Take 7 sprays orally, once daily.

Children (8 years and older): Take 6 sprays orally, once daily.

Small children (3 years and older): Take three sprays orally, once daily.

Method of administration: Spray into the mouth only.

If you take more Obel[®] vitamin D3 and K2 Spray than you should: In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

If you forget to take a dose of Obel[®] vitamin D3 and K2 Spray: Do not take a double dose to make up for forgotten individual doses.

4. POSSIBLE SIDE EFFECTS

None known. Should your general health worsen, or if you experience any untoward effects while using this product, please consult your doctor, pharmacist, or other health care professional for advice. Stop use immediately if a rash or allergic reaction occurs. Do not use if allergic to any listed ingredient.

5. HOW TO STORE OBEL® VITAMIN D3 AND K2 SPRAY

Store all medicines out of reach of children. Store at or below 30 °C in a cool, dry place. Store in the original package / container. Do not use after the expiry date stated on the bottle. Do not use Obel® vitamin D3 and K2 spray if you notice visible signs of deterioration. Return all unused medicine to your pharmacist. Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

5. CONTENTS OF THE PACK AND OTHER INFORMATION

What Obel® vitamin D3 and K2 spray contains:

Active Ingredients: Each 1 mL contains: Vitamin D3 (Cholecalciferol), Vitamin K2 (as MK-7)

Inactive Ingredients: Purified water, Vegetable glycerine, Xylitol, Rose flavouring, Potassium sorbate (0,2 %), Sodium benzoate (0,1 %), Citric acid.

What Obel® Vitamin D3 and K2 spray looks like and contents of the pack:

Obel® Vitamin D3 and K2 spray is a clear solution with a rose flavouring in a white 30 mL plastic spray bottle covered in a plastic tamper-evident sleeve. This primary pack is enclosed with a Patient Information Leaflet in a carton.

Name and Address of Holder of Certificate of Registration

Microbel Laboratories (Pty) Ltd, 86 Gazelle Ave, Corporate Park South, Midrand, Gauteng, 1685, South Africa. Customer care email: customercare@obellabs.co.za

This leaflet was last revised in October 2020. Access to the corresponding Professional Information: www.obellabs.co.za